

#Kegelface Social Media Campaign

PeriCoach-US
October 19, 2015 · 🌐

Do you have a Kegel face? #kegelface



3 Likes

Like Comment Share

Jean Hailes for Women's Health shared PeriCoach AUS's video
October 22, 2015 · 🌐

Pelvic floor strength is important before, during and after childbirth. Yet 70% of Australians with urinary leakage – the main symptom of pelvic floor weakness – don't seek advice or treatment. Don't "pad the problem", prioritise your pelvic floor health. Read our tips here and share your best #kegelface on Instagram and Twitter. <https://jeanhailes.org.au/.../bladder-b.../pelvic-floor-strength>

Kegels are the #1 recommended treatment for bladder leakage

<http://onmda.org/article.aspx?articleid=1903131>

342 Views

PeriCoach AUS
October 22, 2015 · 🌐

Today PeriCoach has an EXCITING ANNOUNCEMENT TO MAKE! We are joining forces with Jean Hailes for Women's Health today to launch the #kegelface campaign in Au...

See More

10 Likes

Like Comment Share

Trina Roughsedge liked this post

PeriCoach AUS
October 23, 2015 · 🌐

The PeriCoach system helps women kegel smarter. But what if YOUR kegel exercises could help women across Australia? Share your #kegelface with us! PeriCoach is making a donation to Jean Hailes for Women's Health during the #kegelface campaign in October and November 2015, contributing to the not-for-profit organisation's initiatives that create a healthier future for women in Australia. #pericoach #pelvicfloor #jeanhailes



154 Likes 1 Comment

Like Comment Share

Styling You
October 26, 2015 · 🌐

WIN a PeriCoach AUS pelvic floor trainer (valued at \$298) simply by sharing a photo of your face, taken when doing Kegel exercises – and leaving a comment on this post saying why your pelvic floor needs a PeriCoach.

I know, I know. I do like to get personal around here but as PeriCoach's ambassador, I'm hugely passionate about us all treating our pelvic floors with the respect they deserve. We shouldn't just "pad" the problem. Join in the #Kegelface campaign by simply taki... See More




102 Likes 24 Comments 5 Shares

Like Comment Share

PeriCoach-US
October 20, 2015 · 🌐

Get Ready. #kegelface



1 Like

Like Comment Share

BizCrown Media
October 22, 2015 · 🌐

To promote the PeriCoach System, Analytica has launched a social media campaign called #kegelface that -- you guessed it -- read more Read more here.: Media Post

<http://www.bizcrownmedia.com/pelvic-training-app-invites-w.../>

Pelvic Training App Invites Women To Share Their #kegelface

WWW.BIZCROWNMEDIA.COM

Like Comment Share

PeriCoach AUS
October 22, 2015 · 🌐

Today PeriCoach has an EXCITING ANNOUNCEMENT TO MAKE! We are joining forces with Jean Hailes for Women's Health today to launch the #Kegelface campaign in Australia, a global initiative which aims to give women a forum to talk openly about their pelvic floor - prioritising it rather than just "padding the problem". Participating in the #Kegelface campaign is easy. Simply take a photo on a smart phone of your "kegel face" and post it to the PeriCoach Australia Facebook page (PeriCoach AUS) or Twitter (@PeriCoach) with the hashtag #kegelface. PeriCoach is making a donation to Jean Hailes for Women's Health during the #kegelface campaign in October and November 2015, contributing to the not-for-profit organisation's initiatives that create a healthier future for women in Australia. #pericoach #pelvicfloor #kegelface #jeanhailes



341 Views
16 Likes 3 Shares

Like Comment Share

Healthy Moms
October 24, 2015 · 🌐

Compensation was provided by PeriCoach®. Bladder leakage is a very sensitive and embarrassing issue facing affecting millions of women. Giving birth is the leading cause of urinary incontinence and the more children you have, the worse it gets. As a mother of five, I have experienced it myself. Most women would rather keep quiet instead of talking about bladder leakage. Analytica Limited, the company behind the new PeriCoach® system - a pelvic floor muscle training device + smart phone app - hopes to change that. [268 more words.]

<http://healthymomsmagazine.net/.../whats-your-kegelface-ad.ft...>



What's Your #kegelface? #ad

Compensation was provided by PeriCoach®. Bladder leakage is a very sensitive and embarrassing issue facing affecting millions of women. Giving birth is the leading cause of urinary incontinence a...

HEALTHYMOMSMAGAZINE.NET

Like Comment Share

PeriCoach AUS
October 26, 2015 · 🌐

Thank you to our Brand Ambassador Nikki at Styling You for helping us share the #Kegelface campaign with as many women as possible around Australia! We love her "frunching face"! Share yours on the PeriCoach Australia Facebook page (PeriCoach AUS) or Twitter (@PeriCoach) with the hashtag #kegelface. PeriCoach is making a donation to Jean Hailes for Women's Health during the #kegelface campaign in October and November 2015, contributing to the not-for-profit organisation's initiatives that create a healthier future for women in Australia. #pericoach #pelvicfloor #kegelface #jeanhailes

4 Likes

Like Comment Share

PeriCoach AUS
October 21, 2015 · 🌐

Do you have a special look when you "squeeze and lift" your pelvic floor muscles? Do you want to use it to help an important Australian women's health charity? Make sure you watch this space for more on how! #kegelface #jeanhailes #pericoach #pelvicfloor



6 Likes 1 Share

Like Comment Share

PeriCoach AUS
October 22, 2015 · 🌐

We are thrilled to be working in partnership with Jean Hailes for Women's Health to launch the #Kegelface campaign in Australia, a global initiative which aims to give women a forum to talk about openly about their pelvic floor - prioritising it rather than just "padding the problem". Simply take a photo on a smart phone of your "kegel face" and post it to the PeriCoach Australia Facebook page (PeriCoach AUS) or Twitter (@PeriCoach) with the hashtag #kegelface. PeriCoach is making a donation to Jean Hailes for Women's Health during the #kegelface campaign in October and November 2015, contributing to the not-for-profit organisation's initiatives that create a healthier future for women in Australia. #pericoach #pelvicfloor #jeanhailes



10 Likes 4 Shares

Like Comment Share

PeriCoach UK
October 23, 2015 · 🌐

#kegelface



Like Comment Share

PeriCoach UK
October 26, 2015 · 🌐

What does your #Kegelface look like?



Like Comment Share

Confessions of an Overworked Mom
October 27, 2015 · 🌐 Like Page

Share Your **#KegelFace** to Raise Awareness for the National Association for Continence and Voices for PFD (Pelvic Floor Disorders) PeriCoach-US ad ellens.co/1OUyJfE



Share Your #KegelFace to Raise Awareness
As part of the #KegelFace campaign, PeriCoach will donate to the National Association for Continence and Voices for PFD (Pelvic Floor Disorders).
CONFESSIONSOFAOVER-WORKEDMOM.COM | BY ELLEN LAFLECHE-CHRISTIAN

42 Likes
Like Comment Share

PeriCoach AUS shared Kidding Around Australia's photo
October 27, 2015 · 🌐 Thanks Kidding Around Australia!



Kidding Around Australia
October 27, 2015 · 🌐 Like Page

I'm participating in the #KegelFace campaign to join in the conversation about weak pelvic floor muscles. Some of my Mummy friends have issues with their pel...

6 Likes
Like Comment Share

Friend for the Ride
October 28, 2015 · 🌐 Like Page

Ever since my surgery last year for endometrial cancer, it's been especially important that I do my kegels. If I get lazy and stop, I'm in trouble when I sneeze. (Actually it usually takes three sneezes in a row). What's cool about kegels is that you can do them anytime, anyplace, and no one knows. So when PeriCoach announced #KegelFace, their new campaign, I agreed to join in. [617 more words]
<https://friendfortheride.wordpress.com/2015/10/27/kegel-face/#kegelface>




#KegelFace! A PeriCoach Campaign
Ever since my surgery last year for endometrial cancer, it's been especially important that I do my kegels. If I get lazy and stop, I'm in trouble when I sneeze. (Actually it usually takes three sn...

FRIENDFORTHERIDE.WORDPRESS.COM

3 Likes
Like Comment Share

Mummy, Wife, Me
October 29, 2015 · 🌐 Like Page

I know you're amazed by how completely relaxed and comfortable I look doing my pelvic floor exercises 😊 I'm taking part in PeriCoach AUS's #KegelFace campaign to raise awareness of pelvic floor health. Take a selfie of you doing your pelvic floor exercises and #KegelFace to help us encourage women to not "pad" the problem.



38 Likes 9 Comments 1 Share
Like Comment Share

HealthyWomen
October 30, 2015 · 🌐 Like Page

Take control of bladder leakage FOR GOOD. #KegelFace



"Leakers Anonymous"
Do you leak when you laugh, run, sneeze, or Zumba? See how the PeriCoach can help you! ⚠️WARNING: This video will cause laughter. Leakers, prepare yourself be...


YOUTUBE.COM

4 Likes 2 Comments
Like Comment Share

Kidding Around Australia
October 27, 2015 · 🌐 Like Page

I'm participating in the #KegelFace campaign to join in the conversation about weak pelvic floor muscles. Some of my Mummy friends have issues with their pelvic floor and it concerns me that many Australian's who have urinary symptoms do not seek advice and treatment for their problem. There is help available!

You can participate in the #KegelFace campaign too! Women simply need take a photo on a smart phone of their "Kegel face" as they squeeze and lift and post it to the PeriCoach AUS Facebook page or Twitter (@PeriCoach) with the hashtag #KegelFace. #kiddingaroundaustralia #snorkeling #pelvicfloor #pericoach #starttheconversation LBPR



19 Likes 8 Comments 1 Share
Like Comment Share

Pamela Maynard
October 28, 2015 · 🌐 Like Page

Show PeriCoach Your Kegel Face! (Bladder Health Week) #KegelFace - http://www.momdoesreviews.com/_/pericoach-kegel-face-bladder-/



Show PeriCoach Your Kegel Face! (Bladder Health Week) #KegelFace
Show me your kegel face! This month, PeriCoach is asking YOU to post your "Kegel face" on social media to demonstrate how you are taking back control of...

MOMDOESREVIEWS.COM | BY VICTORIA

1 Like
Like Comment Share

We Have It All
October 29, 2015 · 🌐 Like Page

What's your #KegelFace?

What's Your Kegel Face? - We Have It All
A big thanks to PeriCoach for sponsoring this fun conversation. I've partnered a couple times with PeriCoach to discuss involuntary Bladder Leaks here on my blog. Of course this is not a topic that we care to discuss -- and that's why we...


WEDONTHAVEITALL.COM

1 Like
Like Comment Share

Styling You
October 30, 2015 · 🌐 Like Page

Oh yes, that strained look on my face? Just working my pelvic floor, ladies. Nothing to see here. Well, actually we'd like to see a whole lot more -- a whole lot more photos of you showing your #KegelFace and sharing those photos on the PeriCoach AUS Facebook Page or tagging them on Twitter with the hashtag #KegelFace

You could WIN a PeriCoach pelvic floor trainer valued at \$298 (leave a comment here telling us why you need one) and PeriCoach will be donating funds to the ... See More



105 Likes 7 Comments 1 Share
Like Comment Share

PeriCoach AUS shared Styling You's photo
October 27, 2015 · 🌐 Thanks for your #KegelFace!



SHOW YOUR #KEGELFACE

Styling You
October 26, 2015 · 🌐

WIN a PeriCoach AUS pelvic floor trainer (valued at \$298) simply by sharing a photo of your face, taken when doing Kegel exercises -- and leaving a comment on th...

See More

5 Likes
Like Comment Share

Marietta Mehanni shared PeriCoach AUS's photo
October 28, 2015 · 🌐 Show us your #KegelFace! Get on board with this fantastic initiative!



PeriCoach AUS
October 22, 2015 · 🌐

We are thrilled to be working in partnership with Jean Hailes for Women's Health to launch the #KegelFace campaign in Australia, a global initiative which al...

See More

1 Comment
Like Comment Share

PeriCoach AUS
October 29, 2015 · 🌐

We think Keeping up with the Holsbys has one of the best #KegelFace expressions ever! Who can relate? Don't forget to upload YOUR photo when crunching too with the #KegelFace <http://ow.ly/TBM74> #pericoach #pelvicfloor #jeanhailes

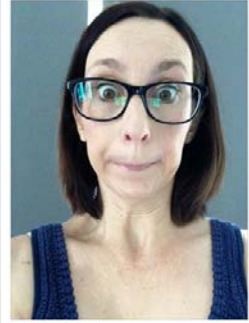


HOLSBY TV - The PeriCoach Iron Clad Vajayjay Challenge
In order to combat a slightly leaky pelvic floor Danielle underwent the four weeks to an Iron Clad Vajayjay Challenge using the PeriCoach pelvic...

YOUTUBE.COM

1 Like
Like Comment Share

PeriCoach AUS shared Mummy, Wife, Me's photo
October 29, 2015 · 🌐 Thanks for your #KegelFace Mummy, Wife, Me



Mummy, Wife, Me
October 29, 2015 · 🌐 Like Page

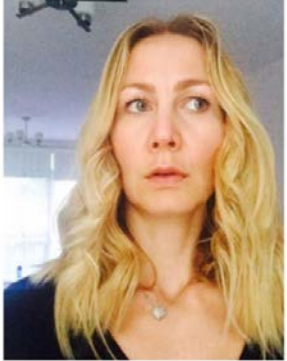
I know you're amazed by how completely relaxed and comfortable I look doing my pelvic floor exercises 😊 I'm taking part in PeriCoach AUS's #KegelFace...

See More

6 Likes
Like Comment Share

Mums Going Strong Fitness
October 30, 2015 · 🌐

This is my #kegelface!
Have you done you PF exercises today? When you do them, do you lift or squeeze your PF? You should be lifting it, you have to make sure you are doing your PF correctly otherwise you are just wasting your time...or even worse you can actually make it weaker this way (similar as with any other muscle, you need work with good technique otherwise you can injure yourself). Physio specialising in women's health can check if you are doing it right during the internal assessment or with an ultrasound! It doesn't matter how good your personal trainer or Pilates instructor is, he/she is not able to check if you are engaging your PF correctly! So if you want to know if you are doing it right book a visit with women's health physio and get strong from inside out!
#pelvicfloor #mummytummy #core #whp #girlsholift #mumsholift #kegel #newmum #newmom



3 Likes
Like Comment Share

PeriCoach AUS
November 3, 2015 · 🌐

#pericoach #pelvicfloor #kegelface #jeanhailes



2 Likes
Like Comment Share

PeriCoach UK
November 3, 2015 · 🌐

Do you kegel? Share your #kegelface with us in support of women taking control of bladder leakage! #nomoreleaks

Like Comment Share

mishfit
November 3, 2015 · 🌐

At our Fitness Australia awards night, I got to meet the absolutely fantastic Natalie Cook - what a great sport... she even joined with me in raising awareness to the #kegelface campaign - all #kegelface uploads will see PeriCoach AUS donating to Jean Hailes - what fantastic cause!
Get your #kegelface on now!
MISHX
PS Hope you didn't loose all your \$\$\$ on the Cup!



12 Likes 2 Shares
Like Comment Share

Expense Scout: Enjoy Shopping Without Overspending
October 30, 2015 · 🌐

Retweeted OneMommaSavingMoney (@OneMommaSavingM):
Share Your #KegelFace to Raise Awareness <https://it.co/rAbk7mzp0> via @ellenblogs



Share Your #KegelFace to Raise Awareness
As part of the #kegelface campaign, PeriCoach will donate to the National Association for Continence and Voices for PFD (Pelvic Floor Disorders).
GOD OLUF4ETJK | BY ELLEN LAFLECHE,CHRISTIAN

Like Comment Share

PeriCoach UK
November 1, 2015 · 🌐

Do you have a Saturday #kegelface?



1 Like
Like Comment Share

PeriCoach AUS
November 3, 2015 · 🌐


#pericoach #pelvicfloor #kegelface #jeanhailes



4 Likes
Like Comment Share

CharityGuard
November 4, 2015 · 🌐

What's Your Kegel Face?
Oh boy, there is a word for it. It is the exercise for the millions of people who leak when they laugh, sneeze, cough or Zumba. It's called the Kegel exercise. It was first described in 1948 by Arnold Kegel according to Wikipedia.
Kegel exercises strengthen the pelvic floor and are the #1 treatment for bladder leakage. And these exercises can cause particular facial expressions, the Kegel Face.
There are several ways to exercise. One of them is a personal device guided with an app from the health brand PeriCoach. In their latest campaign they ask the public to share a picture on Facebook, Twitter or Instagram with their Kegel Face guided with the hashtag #kegelface.
For those who want to start training: you don't need such strong muscles like this. hi Tom
The post What's Your Kegel Face? first appeared at Osocio



What's Your Kegel Face?
OSOCIO.ORG

Like Comment Share

Mom Luck
October 31, 2015 · 🌐

I love this new #KegelFace Campaign which helps women talk about a sometimes embarrassing issue. Check it out and help out with a good cause. #AD
<http://momluck.com/show-me-your-kegel-face-kegelface/>

1 Like
Like Comment Share

Pamela Maynard
October 31, 2015 · 🌐

Show PeriCoach Your Kegel Face! (Bladder Health Week) #kegelface



Show PeriCoach Your Kegel Face! (Bladder Health Week) #kegelface
Show me your kegel face! This month, PeriCoach is asking YOU to post your "kegel faces" on social media to demonstrate how you are taking back control of...
WWW.MOMLUCKNEWS.COM | BY VICTORIA

Like Comment Share

PeriCoach AUS
November 2, 2015 · 🌐

Ever see someone with that look of concentration on their faces? They could be Kegel-ing! #kegelface #pericoach #pelvicfloor #jeanhailes



25 Likes 1 Share
Like Comment Share

Menopause Health Matters
November 3, 2015 · 🌐

Help to raise awareness of urinary incontinence.
Do you kegel? Share your #kegelface with us in support of women taking control of bladder leakage! #nomoreleaks
Head over to Twitter and share your #kegelface



5 Likes 2 Comments 2 Shares
Like Comment Share

PeriCoach AUS
November 3, 2015 · 🌐

#pericoach #pelvicfloor #kegelface #jeanhailes



4 Likes
Like Comment Share

Strong Sistas Mobile Personal Training shared mishfit's photo
November 4, 2015 · 🌐

#kegelface #mishfit Sistas supporting pelvic floor health awareness @ Fitness Australia awards night



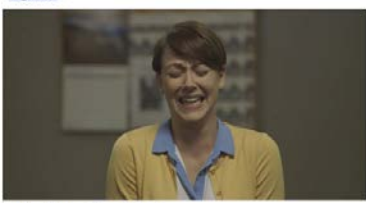
mishfit
November 3, 2015 · 🌐

At our Fitness Australia awards night, I got to meet the absolutely fantastic Natalie Cook - what a great sport... she even joined with me in raising awareness ...
See More

3 Likes

Oscio
November 5, 2015 · Amsterdam, Netherlands · 🌐

#kegelface ?



What's Your Kegelface?
It is the exercise for the millions of people who leak when they laugh, sneeze, cough or Zumba. It's called the Kegel exercise and it causes the Kegelface.
OSCIO.ORG

1 Share

PeriCoach-US
November 5, 2015 · 🌐

Show your support for women taking charge of bladder leakagel #kegelface #nomoreleaks



Like Comment Share

PeriCoach AUS
November 8, 2015 · 🌐

It's #kegelface Friday! Look at all these gorgeous Aussie faces doing their kegels for a fantastic cause! Share your face on the PeriCoach Austral Facebook page (PeriCoach AUS) or Twitter (@PeriCoach) with #kegelface PeriCoach is making a donation to Jean Hailes for Women's Health during the #kegelface campaign in October and November 2015, contributing to the not-for-profit organisation's initiatives that create a healthier future for women in Australia. #pericoach #pelvicfloor #jeanhailes

4 Likes

The Mommy-Files
November 6, 2015 · Nipomo, CA, United States · 🌐

What's Your #KegelFace? <http://www.themommy-files.com/2015/11/whats-your-kegelface/> PeriCoach-US #health #ad



What's Your #KegelFace?
Learn about how PeriCoach helps with Urinary Incontinence and check out the #KegelFace campaign on The Mommy-Files.
THEMOMMYFILES.COM

1 Like 1 Comment 1 Share

Fab Over Fifty
November 4, 2015 · 🌐

Ger's ready to strengthen the super important muscles that many of us ignore.
Join her by sharing your #Kegelface NOW! -> [#ad](http://bit.ly/1Mx3dMj)



225 Likes 11 Comments 11 Shares

Take 5 Magazine
November 5, 2015 · 🌐

Show us your #Kegelface Take 5'er!

We're taking part in the new #Kegelface campaign, which aims to give women a forum to talk openly about their pelvic floor. We think it's important to do regular Kegel exercises (you know, contracting and relaxing your pelvic floor muscles) to make your pelvic floor stronger!

If you'd like to take part in the #Kegelface campaign too, all you have to do is take a photo of the face you make when doing your Kegel exercises and post it to the PeriCoach AUS Facebook page with the hashtag #Kegelface. Don't forget to share it with your friends too!



7 Likes 1 Share

Rebecca Sheltford liked this post

PeriCoach AUS shared Take 5 Magazine's photo
November 5, 2015 · 🌐

Thanks Take 5 Magazine!



Take 5 Magazine
November 5, 2015 · 🌐

Show us your #Kegelface Take 5'er!

We're taking part in the new #Kegelface campaign, which aims to give women a forum to talk openly about their pelvic floor.

See More

3 Likes

Fab Over Fifty
November 6, 2015 · 🌐


Ger's ready to strengthen the super important muscles that many of us ignore.
Join her by sharing your #Kegelface NOW! -> [#ad](http://bit.ly/1Mx3dMj)



17 Likes

PeriCoach UK
November 4, 2015 · 🌐

Did you know that about one in three women experience urinary leakage at some time in their lives? Show us your #kegelface to help women take control and kegel smarter - with #nomoreleaks.



<http://annals.org/online.aspx?articleid=192531>

18 Views

Konenkil
November 4, 2015 · 🌐

Konenkil has to admit this made us laugh. lol - <http://bit.ly/1WwGR7>




Show Me Your #Kegelface
This post is brought to you by PeriCoach. Any opinions are the author's own and not intended as medical advice. I wrote about PeriCoach a few months ago, and it got a big reaction on my Facebook wall. The company had a clever video on...
MOLUPEBOULEVARD.COM | BY AMIE PARRIS

Like Comment Share

PeriCoach-US shared Menopause Health Matters's photo
November 5, 2015 · 🌐

Love this #kegelface from Menopause Health Matters! Show us yours!



Menopause Health Matters
November 3, 2015 · 🌐

Help to raise awareness of urinary incontinence.
Do you kegel? Share your #kegelface with us in support of women taking control of bladder leakage! #nomoreleaks
Head over to Twitter and share your #kegelface

Like Comment Share

motherpedia.com.au
November 6, 2015 · 🌐

PeriCoach and Jean Hailes for Women's Health Join Forces in Show YOUR #Kegelface



Show YOUR #Kegelface! PeriCoach and Jean Hailes for Women's Health coming together to raise profile
PeriCoach and Jean Hailes for Women's Health Join Forces
WWW.MOTHERPEDIA.COM.AU

Like Comment Share

PeriCoach-US via **The Mommy-Files**
November 9, 2015 · 🌐

Love the support, and love the #kegelface!



What's Your #KegelFace?
Learn about how PeriCoach helps with Urinary Incontinence and check out the #KegelFace campaign on The Mommy-Files.
THEMOMMYFILES.COM

1 Like

PeriCoach-US November 6, 2015 · Like Page

Happy almost Friday! What's YOUR #kegelface? Show us!



Like Comment Share

PeriCoach-US November 9, 2015 · Like Page

Celebrate Bladder Health Week by posting your Kegel face #kegelface. Post your face. National Association for Continence and Voices for PFD will benefit!



Like Comment Share

PeriCoach AUS November 9, 2015 · Like Page


STOP! It's #kegelface time! Have YOU uploaded your #kegelface to the PeriCoach Australia Facebook page (@PeriCoach AUS) or Twitter (@PeriCoach) with #kegelface? PeriCoach is making a donation to Jean Hailes for Women's Health during the #kegelface campaign in October and November 2015, contributing to the not-for-profit organisation's initiatives that create a healthier future for women in Australia. What are you waiting for? #pericoach #pelvicfloor #jeanhailes

5 Likes

Like Comment Share

PeriCoach-US November 11, 2015 · Like Page

Thank you for sharing your #kegelface with us over the past few weeks! We're thrilled to see so many women empowered to take control of bladder leakage because of you, women across the country will receive even more support through our donations to the National Association for Continence and Voices for PFD. And if you haven't already, be sure to take advantage of the discount you received for your submission towards the purchase of a PeriCoach device to help you kegel smarter! #momoreaks #pericoach #apportthat



1 Like

Like Comment Share

Est Play Workout November 15, 2015 · Like Page

LADIES BUSINESS Have you heard of Kegals before? They are an exercise where you repeatedly contract and relax the pelvic floor to make it stronger. Why is this important for women? A) it reduces urinary incontinence after child birth and B) it can help in 'sexual appreciation during cotus' as Dr Kegal so aptly put it in 1952. Girls for the enjoyment and to help prepare or repair our bodies for or from childbirth - do these daily & share a photo of your #kegelface #squeezeandlift #sp



7 Likes

Like Comment Share

PeriCoach-US November 7, 2015 · Like Page

It's the start of Bladder Health Week! What better time to show us your #kegelface and share your support for women who are taking control of bladder leakage?

Bladder Health Week

Together with AUGS, the PFD Alliance and national health institutions, "Break Free from PFDs" Local Events will be held in locations across the county to further educate women. The pelvic health topics that will be discussed include: prolapse, incontinence, and other pelvic floor disorders. The events will give women the knowledge and confidence they need to evaluate their own pelvic health and address pelvic health issues with their physicians. Bladder Health Week is the second full week in November. This year, Bladder Health Week will occur November 9 - 13.

Like Comment Share

Reviews, Giveaways and More By Kathy King November 7, 2015 · Like Page

Have you heard of Kegels? | #KegelFace #ad <http://www.mrskathyking.com/you-have-heard-of-kegels-kegel-/>



Have you heard of Kegels? | #KegelFace - On the Scene with Mrs Kathy King

If you are blessed to have a child or going through menopause, then I am sure you had your fair share of little accidents when sneeze or cough too hard, and that's...

MRSKATHYKING.COM

Like Comment Share

PeriCoach AUS November 11, 2015 · Like Page

Just another day of 'kegeling' on the job. Don't you just love Chelsea our PeriCoach Engineer's #KegelFace!



8 Likes

Like Comment Share

Super Lucky shared PeriCoach UK's photo November 13, 2015 · Like Page

VERY low entry! Win a pelvic floor trainer...



#KEGELFACE Show us your kegel face to be in with a chance to kegel smarter and win a PeriCoach

PeriCoach UK November 13, 2015 · Like Page

Time for a #competition! If you would like a chance to win your very own PeriCoach, show us your #KegelFace!

Enter at the link - <http://basicfront.easypromosapp.com/p/209920>

1 Like 1 Comment

Like Comment Share

PeriCoach UK November 13, 2015 · Like Page

Even Disney Princesses #kegel... Maybe! Is this Belle's #KegelFace?



2 Likes

Like Comment Share

PeriCoach-US November 7, 2015 · Like Page

Did you know that about 1 in 3 women experience bladder leakage at some point in their lives? Share your #kegelface in support!

ONE IN THREE women of all ages and fitness levels will experience UI at some point in their lives




50% Women who experience UI don't report the issue.

1 Like

Like Comment Share

PeriCoach-US November 8, 2015 · Like Page

It's the weekend! Do your plans include some Kegels? We think they should. Share your #kegelface with us!



Like Comment Share

PeriCoach-US November 10, 2015 · Like Page

PeriCoach US's Social Media Marketing intern is taking a #kegelface break at work today! Show us your #kegelface!



2 Likes

Like Comment Share

PeriCoach UK November 13, 2015 · Like Page

Time for a #competition! If you would like a chance to win your very own PeriCoach, show us your #KegelFace!

Enter at the link - <http://basicfront.easypromosapp.com/p/209920>



#KEGELFACE Show us your kegel face to be in with a chance to kegel smarter and win a PeriCoach

6 Likes 1 Comment 1 Share

Like Comment Share


Our Urban Box November 15, 2015 · Like Page

What am I doing here? I am trying to lift and squeeze those pesky pelvic floor muscles - this is my #kegelface! Why would I do that you ask? Because I am taking part in PeriCoach AUS campaign to start a conversation about our pelvic floor muscles and encourage you to stop padding the problem - don't be shy - we've all done it at some stage 'just in case you laugh/sneeze/jump' while out and about. I've been let down by my weak pelvic floor muscles a number of times and whilst I laugh and joke at the time, it is a serious problem - and embarrassing!

Join the fun and take a selfie of you lifting and squeezing your pelvic floor and share on your social media with #kegelface to encourage and remind ourselves that we need to practice, practice and practice! Post it in the comments below so I can check it out!

PeriCoach AUS will be making a donation at the end of the month to the Jean Hailes for Women's Health foundation for a healthier future for Australian Women.

#sponsored



#KEGELFACE

PeriCoach UK
November 18, 2015 · 🌐

Have you entered our #competition yet? If you would like a chance to win your very own PeriCoach, show us your #KegelFace!

Find out more and enter at the link - <http://basicfront.easypromosapp.com/p/209920>




5 Likes 1 Comment

Like Comment Share

Jean Hailes for Women's Health via Continence Foundation of Australia
November 23, 2015 · 🌐

Pelvic floor weakness affects one in three women - even Oscar winners are not immune to it! See our resources on pelvic floor exercises, also known as Kegel exercises, and learn how to strengthen your pelvic floor. #kegelface

<https://jeanhailes.org.au/.../bladder-b.../pelvic-floor-strength>



Kate Winslet: 'Incontinence is bldy awful'**

One in three women suffers from bladder weakness, but it remains the last taboo of ageing. As actress Kate Winslet confesses to her 'awful' problem, women are urged to talk freely about incontinence.


HOME.BT.COM

16 Likes 1 Comment

Like Comment Share

PeriCoach AUS
November 27, 2015 · 🌐

Did you know that Pelvic Floor exercising can benefit women of all ages? http://www.startsatsky.com.au/_idont-be-pelvic-floored-no...#pericoach#kegelface#pelvicfloor#jeanhailes



2 Likes 1 Share

Like Comment Share

PeriCoach UK
November 28, 2015 · 🌐

We have had some great entries into our #KegelFace competition but there is still time to enter. Upload your #Kegel face at the link and you could win a PeriCoach!!! <http://basicfront.easypromosapp.com/p/209920>

#KEGELFACE

Show us your kegel face to be in with a chance of winning!



Like Comment Share

PeriCoach UK
December 2, 2015 · 🌐

Have you entered our #competition to win a PeriCoach yet? Upload your #KegelFace! <http://basicfront.easypromosapp.com/p/209920> (LOW ENTRIES SO FAR)



Like Comment Share

Marg Doherty and Rebecca Shefford liked this post

PeriCoach AUS
November 19, 2015 · 🌐

Check out our PeriCoach Aus team's #KegelFace! Share your #KegelFace with us by posting your photo in the comments below! There's only two weeks to go, so get kegel-ing! #pericoach #kegelface #pelvicfloor #JeanHailes

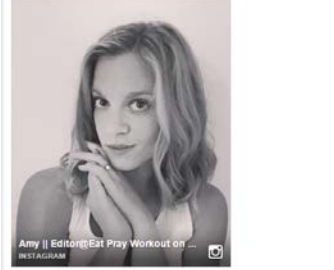


5 Likes

Like Comment Share

PeriCoach AUS
November 20, 2015 · 🌐

Thanks to Eat Pray Workout for their post about our #kegelface campaign! It's great to see so many people getting to word out! <http://ow.ly/UP2x6> #pericoach #jeanhailes




Amy | Editor@Eat Pray Workout on ...
INSTAGRAM

2 Likes 1 Share

Like Comment Share

PeriCoach AUS shared Styling You's photo.
November 24, 2015 · 🌐

Thanks to all of these gorgeous women and congratulations Sharon!



Styling You
November 24, 2015 · 🌐

Stop whatever you're doing and give me five pelvic floor squeezes! Thanks to everyone who shared their #kegelface photos in my recent comp for PeriCoach AUS. The winner is Sharon (see below) who will be getting her pelvic floor into top shape with her very own PeriCoach. Scratching your head and wondering what I'm talking about? I'm the ambassador for this amazing device that works with a phone app to ensure you are actually doing your kegels the correct way. Just a couple of minutes a day really has made a huge difference. (Read more here: <http://bit.ly/1H3G5Ww>)

If you don't want to pad the problem, get training your pelvic floor now. PeriCoach is offering a Christmas deal. Enter the code PERBAX15 at checkout and pay \$235 - a saving of more than \$60. www.pericoach.com

11 Likes 1 Comment

Like Comment Share

PeriCoach AUS
November 30, 2015 · 🌐

We would like to thank everyone who showed their support and participated in the #KegelFace Campaign. We have received an overwhelming response from women who have shared with us their #KegelFace, which has just been incredible. Thank you to our partner Jean Hailes for working closely with us on this campaign. PeriCoach will be making a donation to Jean Hailes for Women's Health contributing to the not-for-profit organisation's initiatives that create a healthier future for women in Australia. Thank you once again! #pericoach #KegelFace #pelvicfloor #JeanHailes

4 Likes

Like Comment Share

Harborne Pregnancy And Women's Health Physiotherapy
November 30, 2015 · 🌐

Some great work by our friends at PeriCoach UK

<https://www.youtube.com/watch?v=KfjBzC7XG48&feature=youtu.be>



#KegelFace UK
OK ladies... Do you kegel?


YOUTUBE.COM

1 Like

Like Comment Share

BHealth
November 20, 2015 · 🌐

Follow one of our favorite biofeedback companies, PeriCoach-US, here on Facebook and join their #KegelFace campaign in honor of Bladder Health Awareness Month!



Like Comment Share

PeriCoach UK
November 21, 2015 · 🌐

Vintage #KegelFace!!!

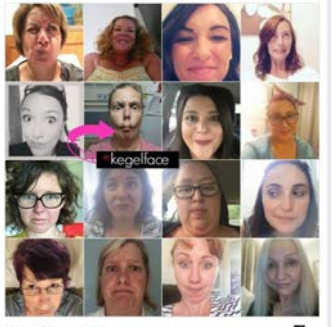


Like Comment Share

Styling You
November 24, 2015 · 🌐

Stop whatever you're doing and give me five pelvic floor squeezes! Thanks to everyone who shared their #kegelface photo in my recent comp for PeriCoach AUS. The winner is Sharon (see below) who will be getting her pelvic floor into top shape with her very own PeriCoach. Scratching your head and wondering what I'm talking about? I'm the ambassador for this amazing device that works with a phone app to ensure you are actually doing your kegels the correct way. Just a couple of minutes a day really has made a huge difference. (Read more here: <http://bit.ly/1H3G5Ww>)

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11 Likes 7 Comments 3 Shares

Like Comment Share

Women's Health at Physiofit
November 30, 2015 · 🌐

What's your pelvic floor exercising face look like?

#KegelFace UK
OK ladies... Do you kegel?

YOUTUBE.COM

Like Comment Share

Mrs Tink
November 30, 2015 · 🌐

Have you entered the PeriCoach AUS #KegelFace challenge? xx



Ladies it's time to talk about.... Pelvic Floor

Shhhh... Ladies today we are going to talk pelvic floor. Rather than beating around the bush (no pun intended) I wanted to get that over and done with quickly, like a Band-Aid. So...

MRSTINKBLOG.COM

5 Likes 3 Comments

Like Comment Share

PeriCoach-US
December 2, 2015 · 🌐

Thank you for bringing attention to #KegelFace on the blog. @BHealth! We appreciate your support! #nomoreleaks <http://ow.ly/VKx1G>



BHEALTH BLOG
The BHEALTH blog brings you tips and tricks on all things incontinence. Log in daily to learn tips on caring for loved ones, overcoming symptoms...
NAFC.ORG

1 Like

Like Comment Share

PeriCoach AUS shared Mrs Tink's photo.
December 7, 2015 · 🌐

Congratulations Kaleena!!



Mrs Tink
December 5, 2015 · 🌐

The winner of the PeriCoach AUS #kegelface giveaway is Kaleena Pont! Congratulations Kaleena and thank you to PeriCoach for a fantastic prize x

3 Likes

Like Comment Share

PeriCoach-US
December 21, 2015 at 3:02am · 🌐

We think even Mrs Clause has a #KegelFace! #apporthat #nomoreleaks



Like Comment Share

Lamaz International
December 3, 2015 · 🌐

What's your #KegelFace? Check out this video from the American Urogynecologic Society (AUGS). <https://youtu.be/1jBjL4PBAI>

And then find out why Kegel exercises are so important, especially when you're pregnant.
<http://www.givingbirthwithconfidence.org/.../blogid=168kblogal...>



4 Likes 1 Comment 6 Shares

Like Comment Share

Mrs Tink
December 5, 2015 · 🌐

The winner of the PeriCoach AUS #kegelface giveaway is Kaleena Pont! Congratulations Kaleena and thank you to PeriCoach for a fantastic prize x



20 Likes 3 Comments 1 Share

Like Comment Share

Kidding Around Australia shared PeriCoach AUS's photo.
December 16, 2015 at 10:06am · 🌐

Remember my #kegelface photo? Well, the good people at PeriCoach AUS have some fantastic promotions for you this Christmas as they continue to raise awareness!



PeriCoach AUS
December 15, 2015 at 11:00am · 🌐

It's a PeriCoach Christmas! To make sure you don't forget to look after yourself at this busy time we are stepping in with a great offer. For the 12 days leadin...

See More

3 Likes

Like Comment Share

PeriCoach UK
December 4, 2015 · 🌐

Today is your LAST CHANCE to enter our #competition to #Win a PeriCoach! Get your #KegelFace over to <http://basicfront.easypromosapp.com/p/209920> right now!!



#KegelFace Competition - Win a PeriCoach!
We want you to show us your Kegel Face - you know, that Pelvic Floor exercise expression. Let's spread the word, it's time to Kegel our way back to health - and no better way to do it than with your very own PeriCoach. (1 x winner - The...
BASICFRONT.EASYPROMOSAPP.COM

1 Comment

Like Comment Share

PeriCoach UK
December 12, 2015 · 🌐

Love Actually such a fabulous Christmas film. Look, they are all doing a #kegelface



1 Like

Like Comment Share

PeriCoach-US
January 8 at 1:37am · 🌐

Thank you for your post Adventures of a Nurse we love your #kegelface!



Adventures of a Nurse shows her #kegelface - Adventures of a Nurse
Adventures of a Nurse shows her #kegelface *****This post is sponsored by PeriCoach but all opinions are 100% my own ***** Lets see your #KegelFace
ADVENTURESOFANURSE.COM | BY ADVENTURES OF A NURSE

Like Comment Share